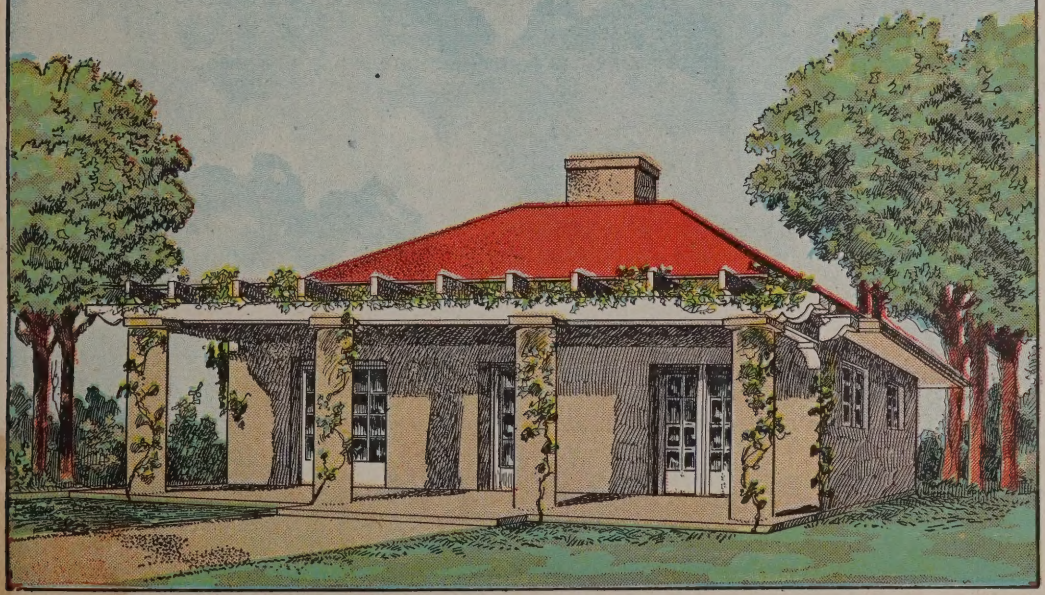
MODEL HOMES



True Merit

The Dr. Miles Restorative Remedies have been sold strictly upon their merits for thirty years.

They may be taken together or separately, or in any way that the symptoms seem to require. Full instructions are in book wrapped around every package.

No harm can come from their use when taken according to directions, even when several of the remedies are used, since they are so prepared as to be used in connection with each other.

No extravagant claims are made for them. They have been advertised to benefit certain diseases, and the proof of their value is the endorsement of the many thousands who have been cured.

We publish many of these testimonials; none however, without the written consent of the party. They are the voluntary, true and unpurchased statements of persons who have been benefited, and who desire to express their gratitude.

We never publish anything that is not absolutely true to the best of our knowledge and belief.

During more than 30 years that we have been in business, this company has never bought or sold a single letter of any description.

While reading the following pages please bear in mind the above facts, and if any further information is desired concerning any of the cases mentioned, write the party, enclosing stamp, and we believe the same reason that prompted them to write us will lead them to give the desired information.

A Complete Set of House Plans—25 Cents.

It is not often that a person desiring to build a house can secure a complete set of plans and specifications for the nominal sum of 25 cents, but the Miles Medical Co. now makes that offer without any conditions whatever involving the further payment of money or the purchase of any goods.

Many people know little of building operations and often make serious mistakes in such undertakings.

Both houses illustrated in this book are designed for persons of moderate means and small families, the idea being to offer well considered designs at a nominal cost to those who do not ordinarily make use of an architect's services, and who in consequence often build houses which have little to recommend them as to external appearance and are often illy adapted to the needs of the occupants. In other words, houses which do not give value received for the money expended.

Appreciating this the Miles Medical Company engaged a competent architect to prepare complete plans for a Bungalow and a small two story house, the former estimated to cost $1,200 and the latter $2,500. Views of exteriors and interiors, together with the floor plans of each of these houses are shown in this book.

A complete set of working plans and specifications, covering either of these houses, including detail drawings and all necessary information for builders, will be forwarded by the Miles Medical Co., Elkhart, Ind., to any address on receipt of 25 cents—a small charge made merely to cover the cost of postage. Plans for both the houses described in this book will be mailed on receipt of 50 cents. ***WE MAKE NO CHANGES IN PLANS.***

Bear in mind this: There are absolutely no conditions attached to the above offer other than the payment of 25 cents for each set of plans—for which an architect would charge from $10 to $25.

The various items entering into the total cost are listed separately and a bill of materials is also given in detail. The estimates are based on the cost of labor and materials in Elkhart, Ind., and may vary somewhat in other localities but it is believed the difference will not be great.

To secure a set of plans send 25 cents in money or stamps to

The Miles Medical Co., Elkhart, Ind.

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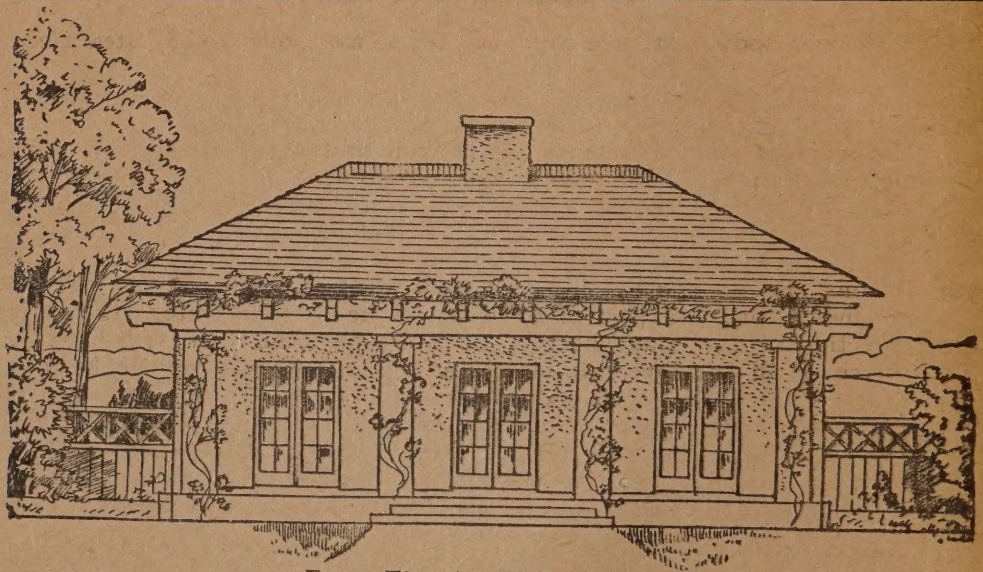


Front Elevation of Bungalow.

The estimated cost of this attractive little dwelling is $1,200. It has a large living room, two comfortable bed rooms, dining room, kitchen and bath room. A striking feature of the plan is the broad veranda across the front. The interior is very conveniently arranged. **Complete plans and specifications of this house, 25 cents.**

Wear and Tear.

THE human body is at once the most simple and most complicated piece of machinery in existence.

It is simple as long as you allow it to run in the way nature wants it to run ,but when you try to overrun nature your troubles begin.

The moment you go against nature you find out your body is a most complicated affair.

You must aways remember that there is a great deal of "wear and tear" on the body, the same as on a dress, suit of clothes or house.

If the results of wear and tear are attended to, well and good. If not, you will not feel well or be any good to yourself or anyone alse.

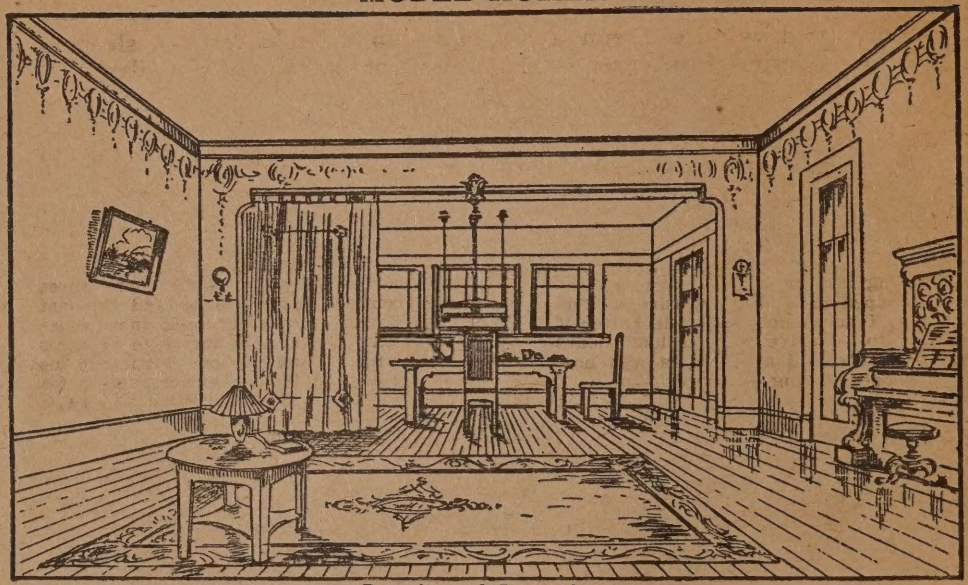
The most wonderful part of the body is the nervous system, the mysterious collection of nerves and nerve cells that supply the body with life-power. The source of all life-power or nerve-force is in the cells of the brain and spinal cord.

From here by means of nerves, both large and small, all the organs of the body are given power to perform their functions. Hence it is that in most cases disease starts not in your heart, liver, kidneys, stomach or other organs, but occurs because the nerve cells supplying the affected organ are exhausted. This is the modern idea of disease.

The way to cure an ailment is to remove the cause. Dr. Miles' Restorative Nervine is recommended on this theory.

By allaying the strain and irritation on worn out nerves Dr. Miles' Restorative Nervine aids nature to overcome the abuses man heaps upon his body.

(Continued on page 7.)



Interior of Bungalow.

The attractiveness of the interior of the bungalow is shown in this sketch. The dining room adjoining the large living room may be made exclusive by means of a portier if desired. The ample size of the living room is an advantage usually possessed by only the larger houses. **Complete plans and specifications of this house, 25c.**

If you are tired, worn out, run down, have no appetite, cannot sleep at night, and are suffering from over work, worry or anxiety Dr. Miles' Restorative Nervine will benefit you as it has others.

Dr. Miles' Restorative Nervine has always been sold on its merits and always will be so sold. If the first bottle fails to relieve you ask for your money back from your druggist.

Wife Cured of Fits

"I took Dr. Miles' Restorative Nervine for three months at which time I felt all right but continued taking it for about three months longer and stopped as I did not care to feel better, in fact, I could not have felt better if I had wished to. I have worked long hours and hard ever since and am just as well now as when I stopped taking your medicine.

My wife was cured of fits by taking Dr. Miles' Restorative Nervine, and you would be pleased to see the change in her. When I sent our son in Texas a picture of his mother after taking Dr. Miles medicine he could not believe it until I told him the second time."

WALTER P. HALL,
ELIZA J. HALL,
636 Court St., .Brockton, Mass.

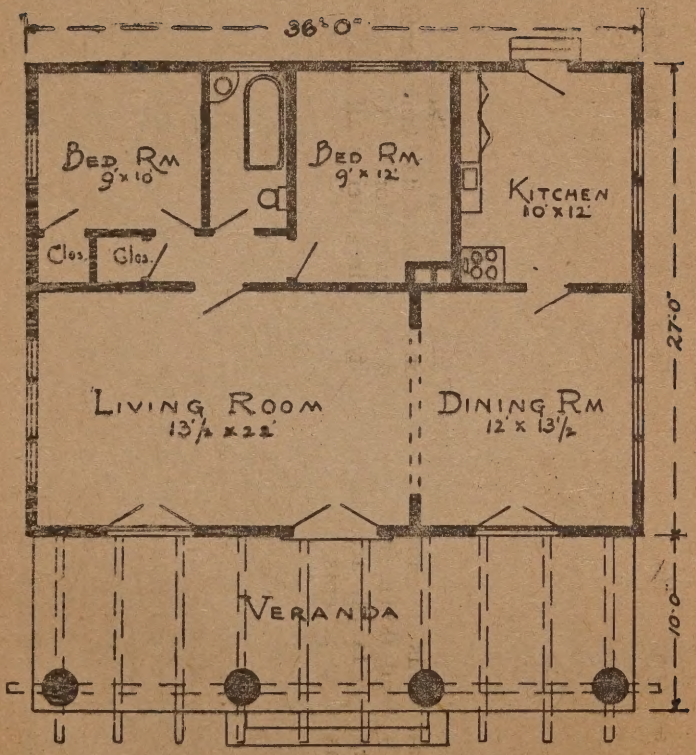
Nervine Cured Fits

"I am heartily glad to tell you of our little boy who was completely cured of fits . He commenced having them at the age of ten years and had them for four years. I tried three doctors and one specialist but all of them said he could not be cured, but Dr. Miles Restorative Nervine and Dr. Miles' Nerve and Liver Pills made a complete cure. He is now hale and hearty and gay. It has been three years this coming May since he had the last spell. I shall give Dr. Miles' medicines praise wherever I go. You are at liberty to use this letter as you see fit and any one writing to me I will gladly answer if they enclose stamp for reply." F. M. BOGUE, Windfall, Ind.

Doctors Failed to Help

"Eleven years ago I was run down and I got thin and very nervous. The docotrs gave me lots of medicine but it did not help, and I became weaker and weaker. My brother's wife told me to take Dr. Miles' Restorative Nervine and I commenced to take it as directed. I took nothing else. On the seventh day I was able to be up and around and got well. I have been well ever since."

H. D. McDRIFFIE,
Former Prop. Ctiy Hotel and Alderman,
Allegan, Mich.



Floor Plan of Bungalow.

This sketch shows the excellent arrangement of the interior. A noticeable feature is the location of the bath room, which is immediately between the two bed rooms, being equally accessable from either room. Closets are also provided for. A curtain hung at the doorway leading to the bed rooms and bath would add greatly to the privacy of the sleeping apartments and also serve to improve the appearance of the living room.

Complete plans and specifications of this house, 25c.

Why Have Headache?

HEADACHE is a nervous disorder, which disturbs the brain and often leads to other serious diseases of the nervous system. It is dangerous to consider "sick," "bilious" or "nervous" headache as common ailments that every person must suffer as a matter of course.

When headache becomes a regular caller on you it is time to close the door in its face.

Headache tends to shorten life in many ways. Epilepsy, insanity, heart disease, nervous exhaustion, brain fever, apoplexy, sunstroke and congestion of the brain are most common among chronic sufferers from headache.

Headache is dangerous in another respect on account of its being hereditary, often being handed down from generation to generation. Occasionally all the members of a family are subject to it, children being affected in the same manner as their parents.

Don't take any chances with headache if you can help it. You bar your door against thieves when you go to bed and you ought to be as careful of your health as you are of your property.

Dr. Miles' Anti-Pain Pills have long been recognized as the right remedy against headache and other pains.

Hundreds of men and women who have been relieved or cured of sick, bilious, nervous or periodical headache endorse Dr. Miles' Anti-Pain Pills.

Every remedy should be judged by the results obtained from its use. Dr. Miles' Anti-Pain Pills have relieved others and will relieve you. Your money back if the first package fails to benefit.

Price 25c. Never sold in bulk.

A Bungalow for $1,200

To own a home is the ambition of every person who takes proper thought of the future and desires to provide against the uncertainties of life. Especially to a married couple the ownership of a home is not only a present enjoyment but also gives rise to a sense of independence and security that cannot be estimated in dollars and cents. Moreover, if there are children in the household, the parents are comforted in the thought that they always have a place of refuge; again, when the hand of time rests heavily on either man or wife, and if, perchance, either is called away by death, the stricken one may pass away in peace—secure in the consciousness that those surviving have a place to lay their heads. Everyone should have his or her own home, and to assist and encourage those contemplating the building of a house this booklet is issued.

It is not an easy matter to plan or build a house, even for those who have had the benefit of experience along this line and the novice in such matters is likely to fall into many mistakes. It is believed however, that in the short space available in this booklet many suggestions of value may be given which will enable the inexperienced to avoid many of the mistakes commonly made.

A modern house should combine good planning, sound and economical building with artistic expression. It is not possible to reach the ideal with our first design on account of its extreme simplicity, which its low cost makes necessary. Ideals are one thing and practicability another and therefore some desires must be sacrificed on account of the limitations of the cost.

The design of the bungalow submitted, however, will make a cheerful and comfortable home and will be found well adapted to the necessities of a small family. It is not merely a summer house to be used but a few months in the year when the weather is warm, but is designed to be comfortable the year around. In view of the fact that care has been taken to make the estimates of cost on a safe margin and as the limit is placed at $1,200, naturally the house is planned along simple lines. Should a builder decide to add to the plans his local contractor can make the necessary changes.

It must me remembered, however, that the Miles Medical Co. will furnish but the one set of plans and specifications, for

Pain a Destroyer.

RELIEF from pain is the first thing a sufferer demands. No matter how serious a sick person's condition may be, if pain is absent the patient can enjoy comparative comfort.

The sense of pain is caused by strain, pressure or derangement of nerves in any part of the body and is conveyed to the brain through the nerves.

Bones, muscles or ligaments thrown out of alignment always cause pressure on the nerves and bring about pain. Failure of such organs as the liver, stomach, kidneys, bowels or heart to do their work as it should be done also places an extra strain on the nerves and causes pain.

About the only thing that can be said in favor of pain is that it cannot conceal its presence. Its darts, like the the warning of a rattlesnake, cannot be mistaken and precautions can be taken to avoid danger.

By quieting the nervous system and relieving irritation Dr. Miles' Anti-Pain Pills afford a ready relief from pain due to pressure or other causes.

For headache, rheumatic pains, irritability, backache, neuralgia, stomachache, earache, sciatica, muscular pains and night pains Dr. Miles' Anti-Pain Pills are without a superior. Hundreds of people who have used them praise their curative qualities.

(Continued on page 13.)

Always Relieve Pain

"Dr. Miles' Anti-Pain Pills are all right for me. I have used Dr. Miles' Anti-Pain Pills for some time for the relief of pain in the body. There is never any other effect from their use except the sense of relief from pain."

F. W. KNIGHT,
Oklahoma Sash & Door Co.,
Oklahoma City, Okla.

either the $1,200 or $2,500 house, and will not in any event attempt to supply plans containing changes to meet the desires of any particular person. If any such changes be made it is understood that our estimates of cost do not apply.

The first thing to be considered in the erection of a house is the selection of a site. A lot should be chosen that gives good drainage, well above the road level and the foundation should be so constructed as to permit of a sufficient slope away from the walls. Otherwise a damp cellar or possibly standing water in the basement may be the result. See that the foundation is brought up to a height sufficient to guard against these dangers.

The $1,200 bungalow shown is of cement stucco on the exterior, the plaster being laid over metal lathing; the eaves project widely from the low pitched shingle roof; the foundation is of concrete with a small basement for storage purposes reached from the outside at the rear.

The principal charm of the interior is the large living room combined with the dining room, an arrangement that gives the rooms the appearance of greater size. Good ventilation is also assured as a result. Should it be desirable to give more exclusiveness to the dining room a portier may be hung at the arch separating the two rooms, thus adding to the decoration of the interior as well as serving the purpose of a door.

The arrangement of the bed rooms in connection with the bath room is good and affords perfect seclusion from other parts of the house. The kitchen may be easily fitted up with a cabinet and cupboards for dishes and cooking utensils.

The interior finish, according to the specifications, is of southern pine stained and finished with dull wax. The floors are of hard pine waxed.

The itemized estimate covering the cost of the bungalow is as follows.

Masonry, including excavation, chimney, cement veranda floor and cellar	$171.00
Lath and plaster	116.00
Stucco	38.00
Lumber	250.00
Mill work	200.00
Painting, staining and glass	125.00
Tin work	25.00
Electric wiring and fixtures	50.00
Hardware	25.00
Plumbing and sewerage	200.00
Total,	$1,200.00

By quieting the nerves and allaying the irritation Dr. Miles' Anti-Pain Pills seldom fail to give immediate relief from pain in any part of the body.

Dr. Miles' Anti-Pain Pills are sold under the guarantee that if the first package fails to give relief the price is refunded. People who have used them praise them—you will too after you try them.

The price is 25 cents. Never sold in bulk.

One Pill Relieved

"I have headache occassionally and my wife has frequent attacks of sick headache. Recently I was handed some of Dr. Miles' Anti-Pain Pills druing an attack and one pill relieved me immediately. I took some home and the next time my wife had a headache she took two doses and they also relieved her." J. A. WILLIAMS, Lake Arthur, N. M.

Used Anti-Pain Pills Six Years

"I have been using Dr. Miles' Anti-Pain Pills for six years and would not do without them for anything. I have told several people about them and they got them to try them and they all say the same as I do, that they would not be without them. I feel that I ought to send you my testimonial for Dr. Miles' Anti-Pain Pills have done me so much good. I could not work on account of headache but now I can go right ahead. You can publish this letter if you want to."

RUSS ALBRIGHT, Brazil, Ind.

Good for Rheumatism

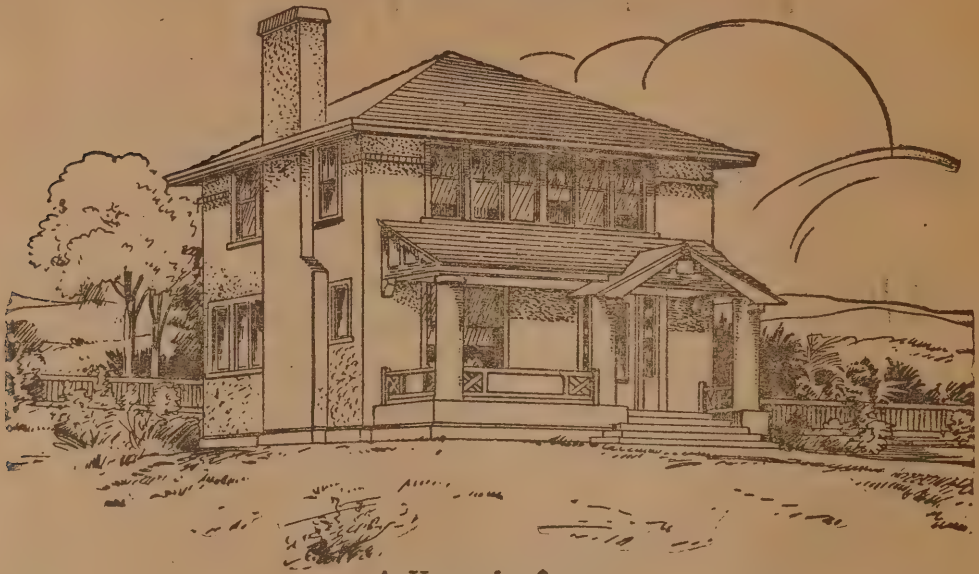
"Father finds the Dr. Miles' Anti-Pain Pills the very best medicine for rheumatism that could be found. They have done him more good than anything ever tried. We are never without them for we find them so excellent in so many ways, for so many things, especially for headache and rheumatism. Dr. Miles' remedies are so positive one always knows they will do good." MARIE A. HARRIS,

South Downing St., Piqua, Ohio.

Nervine for Nervousness

"I was in a very bad condition brought on by poison. My nervous system was so badly shattered that I was in a serious condition for several days. When I have nervous spells I take it as I feel the need, in fact, I have it by me most of the time. Dr. Miles' Remedies are the best I have found for nervousness. Myself and wife have also used Dr. Miles' Anti-Pain Pills for many years."

F. A. LINELL, Artesia, N. M.



A House for $2,500.

The above house, estimated to cost $2,500 contains three rooms and hall on the first floor and four comfortable rooms and bath room in the second story. Every available foot of space is utilized in this plan and an excellently arranged and roomy house is the result. **Complete plans and specifications of this house, 25 cents.**

Be Sure You Are Right.

BE sure you are right and then go ahead, is an old saying that is often repeated but seldom observed. The trouble is that too many people "go ahead" right or wrong and the natural result is trouble all along the line.

If you invest money in business without giving the matter sufficient thought you are likely to lose every cent you invest. Taking care of your health is in reality the same as tending to your business, only people don't stop to look at it that way.

No one but a fool would think of starting a boot-jack factory in the South Sea Islands, because most of the people there go bare footed and have no use for boot-jacks. And yet in taking medicine just as big mistakes are made.

As soon as people begin to realize that most diseases originate in the nervous system instead of in some particular part of the body the undertakers will have less to do.

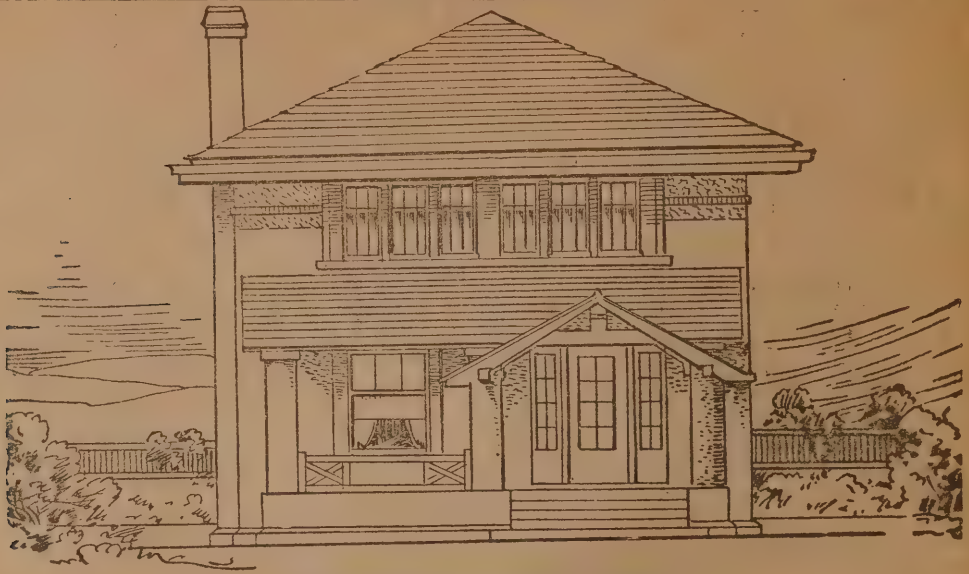
The human body derives its energy from what is generally called the "nervous system," which gets its power from the nerve cells in the brain and spinal cord.

When the nerve centers become exhausted they can no longer supply vitality and it is necessary to assist nature.

As disease comes from the nerves the right treatment should be directed to the nerves.

Dr. Miles' Restorative Nervine is a nerve remedy prepared for this particular purpose.

(Continued on page 17.)



Front Elevation of $2,500 House.

Another view of the house estimated to cost $2.500 is shown above. The broad front porch is a prominent feature of this view which also gives a good idea of the roomy character of the house.

Complete plans and specifications of this house, 25 cents.

It is a waste of time and money to take medicines that give only slight relief.

By steadying the entire nervous system and giving the worn out nerves a chance to "rest up," Dr. Miles' Restorative Nervine has relieved hundreds of stubborn cases.

You take no risk in buying the first bottle of Dr. Miles' Restorative Nervine, for if it fails to benefit you your druggist will return the price.

Read in this booklet what people say about Dr. Miles' Restorative Nervine.

Spasms Are Stopped

"My little boy had choking spells, and kept swallowing as if with worms. These occurred only at night at short intervals all night long. These choking spells were accompanied by a dripping sweat. He was afflicted in this way from the time he was four months old. When he was thirteen years old it took on a more serious form. He would sigh and draw in his breath, his tongue would protrude as though too large to go back in his mouth, his eyes would roll up as one does in a spasm. These only came in the night, but he could not be aroused. They lasted only a short time and he would come out and fall asleep. These bad spells would occur sometimes once a week and sometimes once a month. He complained of headache and backache. We could never send him to school or allow hi mto play with other children because he was so nervous and excitable. We gave him Dr. Miles' Nervine and Nerve and Liver Pills. When he had taken only one bottle the hard spells ceased. We followed your advice carefully and now he is entirely cured. He says he is the happiest boy in town because he can go to school. You can imagine that we are very grateful for his recovery after all these years."

FRED FLAGEL, Coopersville, Mich.

Minister's Wife Cured.

"My wife took the Grip ,which began with chills and cold, pains in back and head, nervousness and anxiety. She ached all over. It began in the morning, by noon she was in bed, and began taking Dr. Miles' Nervine and Anti-Pain Pills as recommended. In a day or two she was well. This seems too sudden to be true, but it is a fact, and we are sure that if she had taken Dr. Miles' Nervine at the very first symptoms she would have prevented the attack." REV. E. B. SLADE, Manhattan, Kan.

A House for $2,500

The dwelling, which according to the accompanying estimate can be constructed at a cost not exceeding $2,500 is a more pretensions house, of course, than the bungalow we have already described and is adapted to the needs of a larger family.

Considering the size of the house on the ground, 26 x 28 feet, the architect has succeeded in getting the maximum amount of room afforded by the dimensions and the interior is free from any "chopped up" or wasteful appearance. Every bit of space is utilized to the best advantage and a comfortable home throughout is the result.

The house has seven rooms, a good sized hall and a bath room, with a basement under the entire building, thus giving ample accommodations for a family of six or eight persons.

Moreover, all of the modern conveniences are included in the specifications and while the plan has not been carried out on an elaborate or extravagant scale every arrangement is made for comfort and durability. It has been the aim of the architect to produce a substantial and comfortable home neither expensive nor cheap, by striking a medium, common sense ground. We believe an inspection of the sketches and an examination of the detail plans and specifications will bear out this statement.

While the practical has always been kept in view the idea of the beautiful has not been forgotten by the architect, as a casual inspection of the elevations and sketches will reveal.

The dwelling is of combination frame and stucco construction. The framing timbers are hemlock spaced for steel lath. The lath are plastered with cement stucco, a type of construction that has come into use in recent years and proven satisfactory in any climate. The stucco finish also adds to the beauty of a building. White cedar shingles are specified for the roof.

The floors are of kiln dried southern pine, thoroughly smoothed and waxed, with all joints laid smooth and level, a finish that the housewife can keep clean with the minimum amount of labor. Moreover, the use of carpets over such a floor is unnecessary.

The arrangements for the kitchen are especially convenient. This important room is of sufficient size to permit of a cabinet and pantry for the storing of dishes and all cooking utensils with shelv-

(Continued on page 22.)

Don't Take Chances.

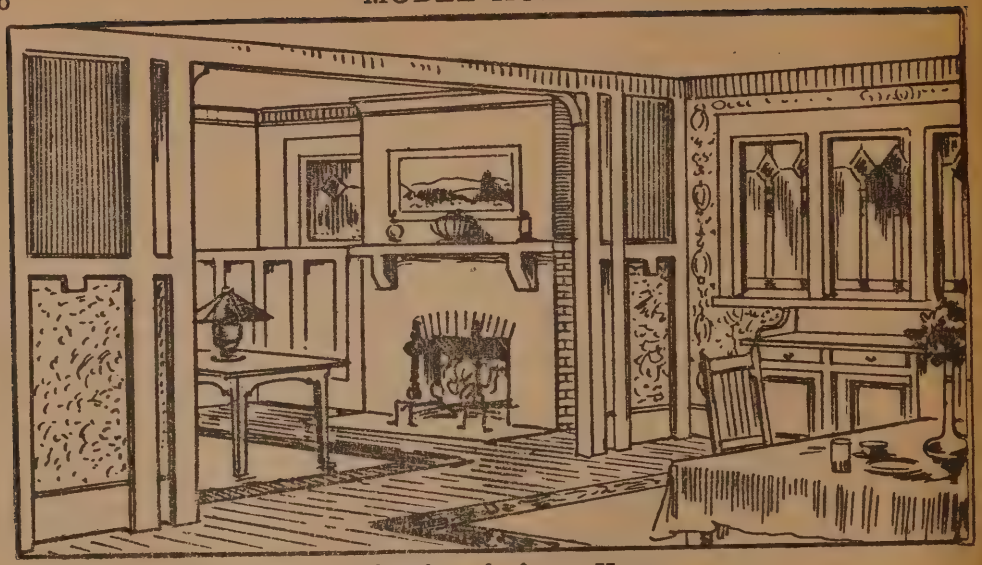
PURE blood is essential to health but unless the circulation is good the blood cannot be good. The blood is purified by air as it passes through the lungs, the oxygen of the air acting as the principal agent which removes impurities. But unless the blood is forced through the lungs in sufficient quantities it will remain tainted.

All the blood-pumping is done by the heart, the most wonderful and hardest working organ in the human body. Seventy times a minute this tireless little organ "beats," at each throb sending blood through the veins. The blood passes through the heart at the rate of 7 miles an hour, 168 miles a day, 63, 310 miles a year and 25,150,880 miles in a lifetime of 84 years! No wonder the heart sometimes fails to do its duty!

If you have any reason to believe your heart is out of order don't take any chances but do something to help it. There may be some things on which it pays to take a chance—but your heart is not one of them. A person may have an excuse for "taking a chance" in a business way but to risk his health and perhaps his life is plain foolishness.

Shortness of breath after slight exertion, pain or tenderness in the left breast, dreaming, nightmare, weak or hungry spells, inability to sleep on left side, smothering or sinking spells at night, forcing you to sit up in bed to breathe or swelling of the feet and ankles, are among the signs that you are taking chances with your heart.

(Continued on page 21.)



Interior of $2,500 House.

The possibilities of interior ornamentation at small expense are shown here. The arrangement of the first floor of this house is such that with a little ingenuity a housewife may accomplish much in the way of decoration. It is not always the amount of money expended but the judgment of the spender that gets results.

Complete plans and specifications of this house, 25 cents.

Dr. Miles' Heart Remedy is advised under any of these conditions. Used for thirty years with success Dr. Miles' Heart Remedy occupies a place by itself as a medicine for heart disorders. Thousands have endorsed Dr. Miles' Heart Remedy. Its effect is just right—it is tonic and strengthening to the heart nerves and muscles, thus assisting nature to recover from undue strain and abuse.

Try a bottle of Dr. Miles' Heart Remedy today. Buy it at any drug store on the guarantee that the price of the first bottle will be returned if the medicine fails to benefit.

Hopeless Case Cured

"I wish to add my unsolicited testimony to the merits of the Dr. Miles' Medicines, which proved a Godsend to me. I write for the sake of other sufferers. While in Cincinnati my wife was taken sick which necessitated my staying up nights. My nerves gave way and I became a total wreck. I was a living skeleton. I had three doctors but continued to grow worse. I became so weak I could not walk across the room without help. My heart would palpitate and often I would have to sit up at night to breathe, and the doctor I had quit coming and told the neighbors my case was a hopeless one. I was about ready to give up when I saw a pamphlet telling about the Dr. Miles' Remedies. With my consent my wife purchased a bottle of Dr. Miles' Restorative Nervine and also the Heart Remedy and Nerve and Liver Pills. After the third day a roaring in my head (which had continued all along before,) ceased, and then I began to sleep and eat. I had an awful appetite. I am a small man. Before I broke down four years ago I weighed 110 pounds but I now weigh 124, more than I ever did in my life. I have not taken any medicine since last June but always keep the Dr. Miles' Remedies on hand, as a family medicine. My wife thinks there is nothing like Dr. Miles' Restorative Nervine and Dr. Miles' Nerve and Liver Pills. She also takes Dr. Miles' Anti-Pain Pills for headache with good results."

CHARLES H. HUNTER,
1001 South 21st St., New Castle, Ind.

ing for general use. A sink with hot and cold water is also provided, the waste pipe being carried to a sewer connection. A swinging door between the kitchen and dining room serves to keep the odor of cooking from the other parts of the house.

The plumbing and heating arrangements are a highly important part of the specifications and also contribute considerably to the cost of the structure but the use of good materials is economy in the long run and poor plumbing is a thing to be avoided in the first instance.

The bath room equipment consists of an enameled tub of good dimensions connected up for both hot and cold water. A stationary wash bowl of white enamel is also furnished with hot and cold water. The water closet seat is of a standard design and set up according to modern specifications. Hot and cold water is furnished from a tank placed either in the kitchen or basement and connected with either the furnace or gas heater as desired.

The heating apparatus is a hot air furnace fitted with the latest model radiators and cold air attachments. A size of furnace is specified sufficient to heat the house in any weather, a precaution that is frequently overlooked by many builders. It is much better to have a furnace a little larger than necessary than one too small. A large heater run under its capacity will burn less fuel than a small one that requires constant forcing to produce the desired amount of heat.

The basement is finished with a cement floor throughout.

Decorative features of this house are the fire place provided for in the living room and the broad veranda extending across the front. The chimney placed on the outside of the house is used both for a furnace and fire place. It also serves to add to the appearance of the exterior, giving an Old English effect that is highly desirable.

The house as a whole gives the impression of stability combined with artistic effect and critical inspection of either the interior or exterior drawings serves only to increase the favorable impression created by the first glance.

The front porch, a part of a house which is used almost as much as any room in the interior, is large and well sheltered with a broad extending roof, assuring

(Continued on page 28.)

Chronic Constipation.

CHRONIC constipation is not only one of the most disagreeable disorders but one that has a far reaching effect on the general health.

Don't get the impression you can get along with irregular bowel movements with impunity, for you cannot. Sooner or later you will have to pay the penalty.

The bowels are the drain nature has provided to carry away the waste matter of the body. When this drain becomes stopped up the putrid matter lies in the intestines and enters the blood by absorption, causing an almost unlimited number of complications.

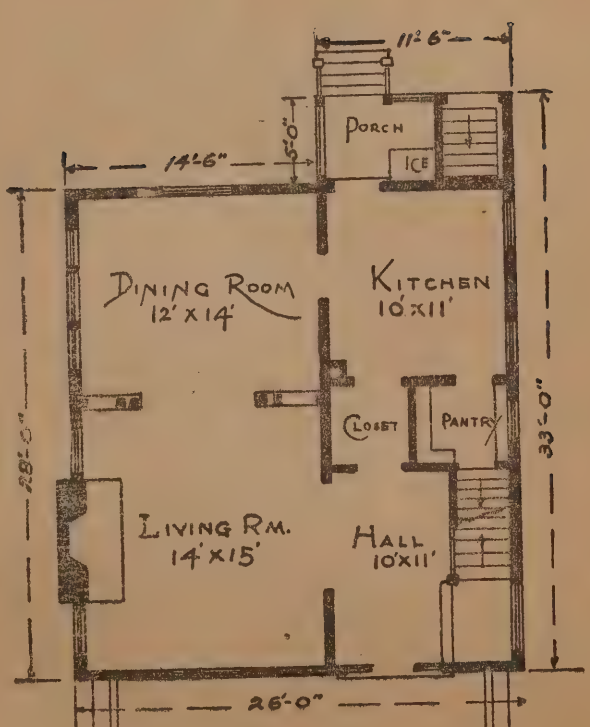
Foul breath, loss of appetite, indigestion, dullness, dizziness, headache, "swimmy" eyes, muddy complexion, piles, pimples, blotches and liver spots are some of the symptoms of constipation. Taking cold under such conditions frequently results in congestion of the bowels, a disease that is often fatal.

To relieve constipation and restore the bowels, liver and stomach to their regular habits Dr. Miles' Nerve and Liver Pills should be taken.

Dr. Miles' Nerve and Liver Pills bring about a normal or copious evacuation of the bowels but without griping or other harsh results.

Unlike other remedies Dr. Miles' Nerve and Liver Pills are not habit forming. The longer they are used, according to directions, the smaller the dose necessary.

Dr. Miles' Nerve and Liver Pills may be had at any drug store under the positive guarantee that if the first package fails to give relief the price is returned. Read what is said about them and try them yourself.



First Story of $2,500 House.

The first floor plan of the $2,500 house is here shown. The arrangement of rooms is such that there is no waste space—a matter that is of the greatest importance in planning a house of limited size.

Complete plans and specifications for this house, etc.

Don't Invite Appendicitis.

WHEN you give a party you invite your friends and ask your enemies to stay away. You do this because you don't want to take chances with those who are unfriendly to you.

Are you as careful of your health as you are of your friends? If you are not you ought to be.

Constipation and irregularity of the bowels in many cases lead to serious consequences, and failure to observe the calls of nature at regular times is merely an invitation to disease to enter your body as a welcome guest.

Appendicitis, typhoid fever and malarial fever are all serious ailments that often follow chronic constipation. It is well known that a sluggish liver furnishes a breeding place for malaria germs and that appendicitis and typhoid fever are encouraged by the poison taken into the blood from clogged bowels.

Don't act as host to such conditions if you can avoid them. Use Dr. Miles Nerve and Liver Pills.

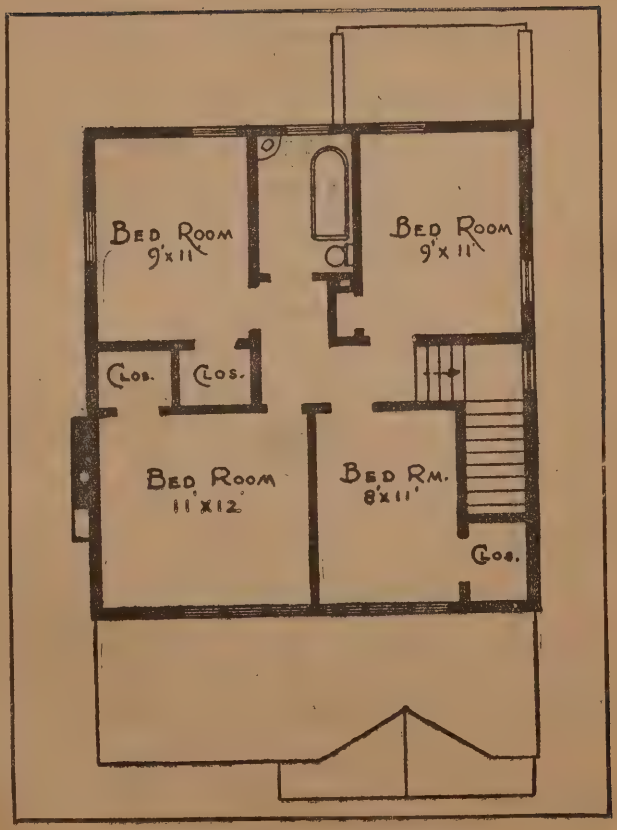
A tried and proven remedy for the liver and bowels Dr. Miles' Nerve and Liver Pills acting through the nerves of these organs stimulate them to a natural condition without unpleasant after effects. Neither do they create a habit.

(Continued on page 27.)

Always Uses Liver Pills

"I have used Dr. Miles' Nerve and Liver Pills ten years. Before I began taking them I could not use my hands at all, could do nothing. You can use my name."

MRS. EMMA JANE HORN, Freeport, Ill.



Second Story of $2.500 House.

The great economy of space in the plan of this house is depicted in this floor plan of the second story. It will be seen at a glance that the four bed rooms are all of comfortable size and that the bath room is convenient to each.

Complete plans and specifications for this house, 25c.

Dr. Miles' Nerve and Liver Pills are especially adapted to the delicate organs of women, hundreds of whom testify to their value and they may be taken by children according to directions with perfect safety.

No one need hesitate to give Dr. Miles' Nerve and Liver Pills a trial as they are sold under the positive guarantee that if the first box fails to benefit the price will be returned by the druggist.

Dr. Miles' Nerve and Liver Pills have made many friends—read what they say.

Banker Praises Liver Pills

"I have used Dr. Miles' Nerve and Liver Pills and also your Anti-Pain Pills, on myself, with good results. The Liver Pills act so naturally and so esaily that I scarcely know that I have taken a pill. Frequently being troubled with headache I take an Anti-Pain Pill and get immediate relief in every case."

A. L. WILSON, Sparta, Ills.

Mr. Wilson was for a number of years cashier of the First National bank of Sparta.

Liver Pills Benefit

"I can't speak too highly of Dr. Miles' Nerve and Liver Pills. I could hardly get along without them. I have some in the house now, although of course I do not need them all the time, but I can rely on them. If anyone wants proof of anything I have written you let them write me." LUCY RIDENOUR,

116 West Vine St., Lima, Ohio.

Cured of Sick Headache

"I had been troubled for seven years with biliousness and sick headache. Would have dizzy spells and almost fall down. I tried all kinds of remedies with no effect. I commenced using Dr. Miles' Nerve and Liver Pills and they have cured me. I recommend them to any one in need."

MRS SARAH C. KNAPP,

3 Mill St., Middletown, N. Y.

Used Liver Pills for Years

"I have been using Dr. Miles' Nerve and Liver Pills for some years in my family and have found them to do what is claimed for them." REV. BROECKER,

Pittsburgh, Penna.

comfort in hot weather and protection in winter.

The estimated cost of this dwelling is as follows:

Masonry, including fireplace, cement veranda floor, steps and cellar	$385.00
Lath, plaster and stucco	245.00
Lumber	490.00
Mill work	485.00
Painting, staining and glass	255.00
Tinwork	68.00
Electric wiring and fixtures	80.00
Hardware	55.00
Plumbing and sewerage	250.00
Furnace	150.00
Total,	$2,463.00

Advice to Builders.

It is often said a person must build several houses before one is secured that meets exactly the wishes of the owner, and there is undoubtedly a great deal of truth in the adage. It is difficult for anyone not skilled as an architect or builder to understand "on paper" exactly how a given plan will work out in actual construction; and even practical contractors and architects make mistakes.

By exercising the same careful judgment in building a house, however, that one would use in any other business undertaking, many of the mistakes commonly made may be avoided. A few simple suggestions, it is believed, will be found helpful to the inexperienced:

Don't be in too much of a hurry after you decide to build but remember that a contractor has other work on his hands in addition to your job. If a contractor is given to understand that haste in construction is the only object a poorly finished and "cheap" structure will be the result in most instances. It takes time to build a house and you may spend years in contemplating mistakes in construction a few minutes thought at the right time would have avoided.

Don't try to build beyond your means. Go slow and bear in mind that you can build an addition to your house after you have built an addition to your pocketbook.

Use a little tact with the contractor who does your work and don't kick without reason about little things. A contractor takes delight in "sticking" a "kicker," but he will usually give good service to anyone who treats him fairly.

A Nervous Generation.

THERE are more diseases of the nerves today than at any time since the world began. The habits of life are such that it is almost impossible to escape the penalty nature imposes on excesses of mind or body.

Although we are living in a nervous generation few of us understand the nervous system of the human body. Long ago it was thought that disease always began in some one part of the body, such as the heart, liver, stomach, kidneys, bowels or lungs, but this idea has been abandoned for years.

It is now known that the seat of life is in the nerve centers of the brain and spinal cord and that the powers that run the body are distributed from this source.

Do not make the mistake that blues, melancholy, coughs, colds, cramps, spasms, cold hands or feet, dizziness, headache, hysteria, hay fever, neuralgia, nervous dyspepsia, nervous prostration, feebleness, rheumatism or tenderness of the spine are local disorders.

Such disturbances are usually due to a poorly nourished nervous system.

As a means to health in such cases Dr. Miles' Restorative Nervine is invaluable. By settling the irritated nerves and causing refresning sleep it enables the body to recover its youthful vigor. It acts in the right way, on the nerves, where the real trouble in such cases is.

Dr. Miles' Restorative Nervine contains no injurious or habit forming drugs and may be taken without harmful effects.

If you are all run down try a bottle today.

Sold under the positive guarantee that if the first bottle fails to benefit, the druggist will return the price. Could any offer be more fair?

Why Suffer Longer?

NOTHING is more weakening than pain and nothing reduces the vitality quicker. The strongest constitution lasts but a short time against the ravages of acute pain.

By preventing sleep, digestion of food and otherwise disturbing the organs of the body pain will soon overthrow the entire nervous system making health and comfort impossible.

The cutting shafts of neuralgia, rheumatism and backache are so common it is unnecessary to mention the agony they cause and the distress when the heart is affected is beyond description.

Pains originating in the nerves of the liver, kidneys, stomach, lungs or bowels are equally distressing. No matter what part of the body pain may exist its effect is the same—it causes intense suffering and throws the whole nervous system into disorder.

To get relief from pain you must quiet the nerves, thus allowing them to resume their customary functions free from irritation. This can be accomplished by one or two doses of Dr. Anti-Pain Pills—the best remedy to be had for pains in any part of the body.

Thousands of men and women have used Dr. Miles' Anti-Pain Pills with success and testify to their merits.

Dr. Miles' Anti-Pain Pills have benefited many women who suffer at regular intervals and are often used in connection with Dr. Miles' Nerve and Liver Pills in such cases.

(Continued on page 31.)

It is the privilege of any person using Dr. Miles' Anti-Pain Pills to either approve or condemn them. Many have written us approval but we are yet to hear them condemned. Read for yourself.

Dr. Miles' Anti-Pain Pills are sold under the positive guarantee that if the first package fails to give relief the cost is given back. Why suffer pain longer? Price 25 cents. Never sold in bulk.

Tried Many Remedies

"I have suffered for a number of years with my back, or kidney trouble, and have tried a number of remedies from different physicians. More than a year ago, one of our local druggists induced me to try Dr. Miles' Anti-Pain Pills, and after using them some three months I found a decided improvement in my kidneys, and I am glad to say that I hope soon to be fully restored to health."

J. F. ALLAN,
Former Judge of City Court, Glasgow, Ky.

Veteran Endorses Pills

"I served in the Civil War and was discharged in 1865. Soon after, I was taken with rheumatism. I was so bad that I could not straighten my knees for two years, but I steamed it out of them, but could not get it out of my system. My regiment doctor of Lowell told me that if I lived to be 50 I would be unable to do anything. I was young then, and as I grew older my rheumatism grew worse. I got so bad that I had to be propped up in bed to sleep. I had such pains in my shoulders and breast that it was almost impossible to get any rest. I heard of Dr. Miles' Anti-Pain Pills and got a box, and the first one I took helped me. That was over two years ago, and now when I have a pain I take one and go right to sleep. I could not get along without them. They are the only thing that will relieve my pain."

HORACE A. BALCOM,
28 High St., Webster, Mass.

It Depends on Your Heart.

IT all depends on your heart whether you can enjoy good health or even life. The human body can and sometimes does get along without some of its organs. A lung, a kidney, or part of the stomach or bowels may be useless on account of disease or cut away by a surgeon—and still with the heart in good order life remains.

But like any other organ the heart has its troubles and they are manifest as soon as they develope.

Over work, over exertion, excitement, care and anxiety, nervousness, rheumatism, and fright are all productive of heart disorders. Such severe diseases as typhoid fever, scarlet fever and chronic diarrhoea also often leave the heart in a weakened condition.

The first symptoms of heart trouble should be followed by prompt treatment. Fluttering or palpitation of the heart, dizziness, throbbing, fainting spells, shortness of breath, difficulty in breathing at night, irregular pulse, oppressed feeling in the chest, pains in the shoulders or up and down either arm into the neck and head are the usual signs of a weak heart.

Dr. Miles' Heart Remedy has been a most efficient agent in relieving these disorders. Dr. Miles' Heart Remedy has given relief in many cases where other medicines failed to benefit and is sold strictly on its merits as a heart medicine and not as a cure-all.

When heart trouble is accompanied by complications, Dr. Miles' Restorative Nervine should be taken, the Heart Remedy before, and the Nervine after, meals. In case of constipation Dr. Miles' Nerve and Liver Pills may be used with success.

(Continued on page 33.)

By regulating and stimulating the heart Dr. Miles' Heart Remedy allows the organ to restore itself to normal conditions.

No harmful drugs are used in its preparation and it may be taken freely without injurious affects.

Dr. Miles' Heart Remedy has benefited thousands of people who do not hesitate to praise it of their own accord. Read some of their statements on this page.

Like all of the Dr. Miles' Remedies Dr. Miles' Heart Remedy is sold under the guarantee that if the first bottle fails to benefit the price is returned.

Aged Woman is Benefited

"I was troubled a great deal with gas on the stomach which seemed to make a pressure on my heart, causing palpitation and irregular heart action. I was also bothered with constipation and my food did not seem to do me any good. There was a heavy feeling in my stomach most of the time and no appetite. I tried the best doctors I could get but they did me no good, my heart continued weak and I was troubled with shortness of breath. I started to take Dr. Miles' Restorative Nervine and Dr. Miles' Heart Remedy and took three bottles of each. The medicine did me so much good I will not need to take but little more of it. I can go to bed now and sleep well and although I am 65 years old I expect to enjoy life much longer." MRS. E. G. S. WELLS,
Little Rock, Ark.

Heart Trouble Relieved

"I was troubled with heart disease and after reading about Dr. Miles' Heart Remedy I got a bottle. Before I got the Heart Remedy I had to sit up most of the night and felt very bad at my stomach. Whatever I would eat made me feel worse and my heart beat very fast. But thanks to Dr. Miles' Heart Remedy I am all right now. I eat good, sleep good and feel like a new man, although I am almost 68 years old. I have been a soldier in the late war of the rebellion and badly wounded."

CHARLES HOLMES,
Private Co. B 54th N. Y. Infantry Volunteers.
Walton, Delaware Co., N. Y.

Epilepsy Is Curable.

NERVOUS disorders such as fits, epilepsy, convulsions and St. Vitus' dance are now attracting the attention of the best medical authorities. In a number of states so-called "Epileptic Colonies" have been established where unfortunate men, women and children suffering with this terrible affliction are cared for. But "Epileptic Colonies" are not within reach of all. In thousands of families there are children or grown up people subject to nervous diseases who have no means to go away for treatment.

Many people who have acquired the opium or other drug habit are situated in the same way. They would like to be free from the slavery that means certain death but cannot leave home to enter a hospital. In such cases Dr. Miles' Restorative Nervine has been found to be a most reliable remedy.

In cases of epilepsy, St. Vitus' dance, convulsions, delirium tremens or nervousness resulting from excessive drinking Dr. Miles' Restorative Nervine is most efficient.

Dr. Miles' Restorative Nervine soothes and steadies the nervous system, allowing the brain to become rested and able to provide the required nerve force to the different parts of the body. Any medicine that fails to act through the nerves should be discarded. It is only through its merit that Dr. Miles' Restorative Nervine lays any claim on the public confidence; but thirty years' successful use should be all the argument needed in its behalf.

Dr. Miles' Restorative Nervine is sold at all drug stores, subject to the guarantee that if the first bottle fails to give relief the price will be returned.

If there is any member of your family who suffers from any acute nervous disease or from the use of alcoholic liquors, try Nervine.

Our Guarantee

We want you to try our Remedies.

We want you to do so without cost to you, should you receive no benefit.

We want you to know that our remedies will do all that we claim for them.

If after reading this book you have reason to believe that any of our remedies are suited to your case, go to your druggist and procure the medicine, and if you receive no benefit, return the empty bottle or package to druggist and he will refund the price paid.

Every druggist is hereby authorized to do this. There will be no fuss or quibble. There is no red tape, and no string to the proposition. He will take your word for it. We pay the druggist the amount he returns to you, so there is no reason for him not to do so.

There are cases that our remedies will not cure—but they will benefit if not cure, most cases where the nerves and heart are involved, and these cases are exceedingly numerous.

Our guarantee gives you a chance to prove whether they will benefit you, or not; there is one thing sure, they will not harm you if taken according to directions.

If the remedy benefits, you are satisfied; if it does not, it costs you nothing.

We are satisfied because you have given our remedies a trial, and if found not suited to your case, we stand the loss; we do not want you to pay for something that does you no good.

WE GUARANTEE only the first (single) bottle, which is sufficient to prove whether or not it will benefit you.

REMEMBER, we do not guarantee a cure; no honest person can do that, but if you try a medicine you then know for yourself whether to continue its use or not.

The genuine Dr. Miles' Remedies are all numbered on outside of wrapper. Do not accept a package that is mutilated, or does not contain the number.

Miles Medical Co., Elkhart, Ind.

MR. LOUIS CRIGER,

Famous New York American League Catcher, who uses Dr. Miles' Anti-Pain Pills.

Compliments of

F. A. MANTER. Ph. G.

Anson, - Me.